

Extended Mouth Opening — Combined Rotation and Sliding Jaw Movements

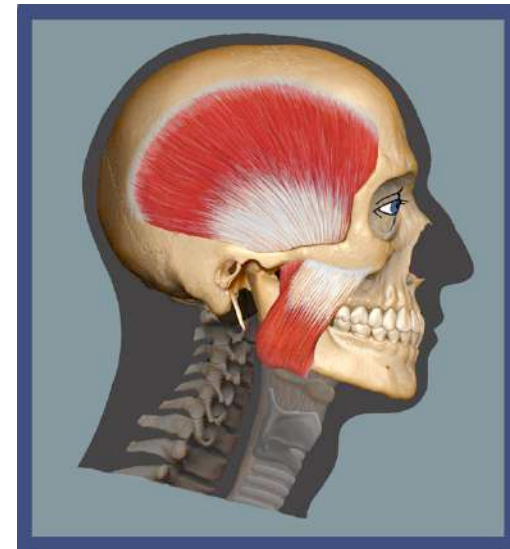
Start with your teeth together and place the tip of your tongue against the deepest part of the roof of your mouth. Now slowly open your mouth, while continuing to hold the tip of your tongue against the roof of your mouth. Let your tongue slide backward along your palate as your mouth opens wider. Now hold your jaw in this wide-open position for **5 seconds** with the tip of your tongue still against your palate. Now continue to open wider, allowing your tongue to drop away from your palate, opening as wide as **comfort will permit**. Hold this wide-open position for **5 seconds**. Repeat this movement **5 times**, each time starting with you teeth together.

You should only do these exercises within your limits of pain. If a particular step in this exercise routine causes pain, modify how you do the step or decrease the number of repetitions. If pain persists, eliminate that step and go on to the next exercise. Doing the exercise should not create any new joint sounds, or increase the intensity of the existing sounds. If it does, or if your jaw catches or locks in an open or closed position while doing the exercise, stop the exercise until you can discuss this with us by telephone or at your next visit.

If any of the boxes below are **X** then **do not** do this part of the exercise sequence.

- Do not move your jaw to the right
- Do not move your jaw to the left
- Do not move your jaw forward

Managing Your TMJ Disorder and Facial Pain



Exercises For Jaw Muscles

The goal of these exercises is to improve the coordination of the larger jaw closing and the smaller jaw opening muscles. Over time these exercises should reduce the frequency and intensity of TMJ sounds. Always do this series of exercises in the order listed. Try to complete this entire routine at least three times per day, preferably before meals. As long as the exercises are not painful, you can do them as often as you would like.



Tongue Position – Warm-up Exercises

This step will focus your attention on the relationship between your tongue, jaw muscles, and lower jaw position. It will enable you to begin the exercise from a neutral “jaw-centered” position. Forcefully hold the tip of your tongue up against the roof of your mouth, on the ridges of your hard palate, about one inch behind your top front teeth. This upward tongue pressure will cause your teeth to slightly separate. Say out loud “NNNNNNN” for **5 seconds** and then relax your jaw by dropping your tongue.

Hinge Axis Opening — Rotation of the Jaw

With your mouth closed, curl the tip of your tongue backward, sliding the tip of your tongue against the roof of your mouth, into the highest part of your palate. Keeping your tongue held against the palate, slowly open your mouth about 1 inch wide and hold this position for **5 seconds**. Slowly close, but do not let your teeth touch on jaw closing. Keep the tip of your tongue in contact with the palate during the entire “open - close” cycle. Move your jaw slowly and rhythmically on both the opening and closing cycles. Your jaw should hinge straight open, like a door on its hinges, with no forward movement of your chin. Initially practice this *hinge axis opening exercise* in front of a mirror, guiding your chin backward with your fingertips, *Repeat this 10 times, each time holding the jaw in the open position for 5 seconds.*



Sliding Jaw Movements

Slightly separate your teeth so that they will not come into contact while making the following sliding movements. Complete the exercises below:

- Move your lower jaw to the right as far as you can **comfortably**. Now apply gentle push against the right side of your chin with your finger, but resist any actual movement of your jaw to the left by tightening your jaw muscles. Hold in this off-center position for **5 seconds**. Return your jaw to the neutral or centered position. Again do the *hinge axis opening 2 times*.
- Move your lower jaw to the left as far as you can **comfortably**. Now apply gentle pressure against the left side of your chin with your finger, but resist any actual movement of your jaw to the right by tightening your jaw muscles. Hold in this off-center position for **5 seconds**. Return your jaw to the neutral or centered position. Again do the *hinge axis opening 2 times*.
- Move your lower jaw as far forward as you can **comfortably**, – if possible, beyond the edge-to-edge position of your front teeth. Now apply gentle backward pressure against the tip of your chin with your finger. Resist any actual movement of your jaw backward by tightening your jaw muscles. Hold in this forward jaw position for **5 seconds**. Return to the neutral or centered position. Again do the *hinge axis opening 2 times*.